

This, That, and Something Else

IV

Whimsical thoughts that will resonate in your heart

By

Purnima L. Toolsidass

This, That, and Something Else

Introduction

This is a collection of assorted articles I wrote for an e- Newsletter edited by Deb Bhattacharya, who took up the task when Br. Brendan MacCarthaigh (a Christian Brother, educationalist and psychiatrist) returned to Ireland after helping innumerable people for some 60 years, mostly in Kolkata. Br. Mac's focus was value education and reducing stress faced by students, which often led to juvenile suicide.

I was asked to contribute articles because of my concern for the cause and my lifetime devotion to animal welfare and spiritual psychology. I am convinced that at the bottom of all strife is a paucity of understanding and/or compassion. These lead to interpersonal tensions and psychological aberrations.

Very often we cannot change the circumstances by we can change our perspective, which helps us to cope with unpleasant situations. This booklet is a collection of some of the articles that came to me from an unseen inner power that I am old-fashioned enough to call 'God'! We can substitute 'God' for 'the Universe', if that appeals more to the reader. The style is light and simple and I feel both confident and diffident when I state that I believe everyone will find something they will enjoy and feel better for having read it.

We all hate the hate that seems to pervade the world. We also feel helpless to do anything about it. Well, I invite you to join me in my simple faith that each of us can do quite a lot to make our little world a bit happier, kinder and more amiable. If the experts are to be believed – and I confess I do believe them – there is a strong link between the microcosm and the macrocosm, so every action of every individual can contribute to a nicer or nastier world, whether we do things consciously or unconsciously.

This quote, read when I was a little girl, stays in my mind.

‘A smile is quite a funny thing; it wrinkles up your face. And, when it’s gone, you’ll never find its secret hiding place! But far more wonderful it is, to see what a smile can do – you smile at one, he smiles at you, and so one smile makes two!’

Let’s get together and spread smiles, because life is worth the while when you can smile!

Happy reading and all the best!

Purnima L. Toolsidass

September, 2024

Relativity in Life.

1. A task can be a bother or a pleasure, depending on whether you're doing it because you want to or because you're forced to.
2. A minute seems so long when you're waiting for the toilet to be free!
3. Anger is a double-edged sword, cutting the one who hold it and the one it is used on.
4. People who believe that it is better to hoard than to give forget the constipation that results from lack of evacuation.
5. We begin to look a bit taller when we walk with someone a little shorter.
6. Instant energiser: a phone call from a loved one, asking us to meet them.
7. Death is feared. Except when lonely and painful old age makes it something longed for.
8. People who say they don't believe in God feel it is perfectly logical to believe in good luck!
9. People who tell everybody how busy they are generally those who do hardly any work.
10. The things we give invariably seem to be more than what we get.
11. Our children and our jokes always seem smarter than others' children and jokes.
12. The same food seems tastier when presented attractively.
13. As soon as you acquire the object you longed for, you begin to value it less.
14. Things are valued until you get them; people are valued after you lose them.
15. When there is a misunderstanding, it is always the other one who is to blame.

16. There was a time when people felt that there was nothing wrong in stoning a woman to death, because 'everyone does it'. The stoning has stopped but the mentality hasn't.
17. Moralists who decry favouritism are happy to accept it for themselves. Even Educationalists seem to have forgotten that education means more than career building.
18. The not-so-clever people always seem happier than the oh-so-clever people.
19. Lawyers are not the only people who have the knack of making a lie sound like the truth and making the truth sound like a lie.
20. The older we get, the more we appreciate the past.
21. The tragedy of fashion is that it makes women feel more attractive if they just wear fashionable clothes.
22. Children fight and forget, but their mothers remember and continue to quarrel.
23. People who oppose cruelty to animals don't seem to think of the animals that are killed for the food they enjoy.
24. We shiver in extreme heat when we think of losing a loved one.
25. Fools laugh at wise men, and other fools join them.
26. The Nation gives well-deserved tributes to martyrs, but the sacrifice of their widows is rarely remembered.
27. The value of an object is connected to others wanting it. Even gold would have no value if nobody wanted it. Self-respect has no value in a materialistic world.

Religion and Us.

Religion has become controversial. What was meant to unite and help a person to improve personally and promote social amity is used to do just the opposite. The result is that youngsters, especially, say, 'I don't believe in God. Religion is hypocrisy.'

And I, for one, can't really feel they are to blame, since so much that is wrong is being done in the name of religion.

Of course, this is nothing new. History is full of examples where religion has been used for political power and the material benefits of raising religion dogma to increase influence over people and keep them in thrall. It has become a method of the dirty game of 'divide and rule'. New festivals and religious programs are used for raising funds, for the benefit of a handful, and disrupt interpersonal relationship, creating strife, hatred, suspicion and fear – which lead to a distressing aggressiveness and make the faithful forget the tenets of mercy, tolerance, forgiveness, charity, honesty, integrity, chastity, generosity, simple living and high thinking.

I am an ordinary person who cares about things. I tried to read books on comparative religion, to understand the distressing trend of religious friction, but the books – even the more simple ones – seemed too technical and complicated for my understanding.

Then the thought came to me that these books are, after all, written by men and women; not by God! Each individual's understanding of things can be different from that of another, and in dicey situations, we have to do what our conscience tells us is right.

I believe the conscience is, quite possibly, the voice of God. Now comes the question as to which God, and what is God? Intellectuals don't want to accept the existence of a God until science proves His/Her/Its existence, and the orthodox faithful say it is blasphemy to question the existence of a higher power that is divine. Whatever be

the truth, I believe that whether a person is a 'faithful' or an atheist, he/she has a duty to himself/herself, to society and to all humanity to not succumb to the lower urges and do things that hurt others in any way, or demean themselves by indulging in wrong-doing. And, none of us need a lecture from a Ph.D. in Philosophy to tell us what 'wrongdoing' means!

To my simple mind, God can, perhaps be called an image of the things we all know to be good and true. I also think that since we can neither prove nor disprove the existence of God, it is to our advantage to believe in Him. Oh, people can and will believe whatever they want, and it is neither possible nor right to try to force them. God gave us the right to think for ourselves, and this faculty is what makes a human being superior to an animal, because animals live as nature made them and have lived that way they have lived for centuries, whereas mankind has progressed in so many ways.

Humans have the gift of thinking profoundly, of making innovative changes and inventions that seem to have done more harm than good if we think of how close we're bringing the earth to environmental disaster or total annihilation by war and water shortage in the long run. Instead of using our intelligence to make this world a happier place we see only suffering all round. And, we have no one but ourselves to blame.

Well, the fact remains that all creation is made of the same five elements (earth, water, air, heat and space). Every living being is subject to hunger, thirst, fatigue, lust and fear; and need the five elements for our survival. We all do the thing we do because it gives us pleasure – meaning, we all seek happiness. Only, the other species don't try to improve themselves the way humans can, if they want.

Let's put aside our faith in God and think that God is an invention of some wise men, to help create a society that can live amicably and ethically. Well – what went wrong?

What went wrong – what makes us go against the fundamentals of religion – is human nature with all its twists and flaws.

You will say we can't change human nature. I agree completely. So, I want to think for myself and not have 'religion' thrust down my throat! I think most people have the same instinct. We need to look deep into our heart and ask, 'would God approve of this?' when we see or do something that goes against the law of human values. As Mahatma Gandhi said, 'Human nature will find itself when it fully realizes that to be human it has to cease to be beastly or brutal', and the way things are going, that's not very likely to happen in the immediate future!

If we believe in God, and believe He represents all that is good and right, believe Him to be the creator of this world and loving us as a father loves his children, how can we believe that He is happy to see His children quarreling and killing and playing power games in His name?

I have no wish to hurt or offend anybody, but I honestly believe that people who commit atrocities, quarrel and fight and bully and abuse and are cruel and violent, who steal, tell lies, are immoral and promiscuous and unethical do not actually believe in God even though they may go the place of worship regularly, and give generously in charity and spend long hours in prayers. 'Strong words', you will say. Perhaps yes, but are they untrue? If they truly believed in God and loves Him as they profess to do, would they do things that it is obvious no thinking human would accept as right? Doing things that will distress even my mortal father is no sign of my love for him! Quite the contrary, in fact!

I remember Mother Teresa's words, 'hands that heal are holier than hands that pray'. This is what faith in God is! No wonder the Church sainted her! And yet, there were a number of people (and not a small number either!) who blamed her for various things they did not have the vision or depth to understand.

I remember the words of Swami Vivekananda. 'I do not want a Christian or a Muslim to become a Hindu – I want a Christian to be a better Christian, and a Muslim to be a better Muslim and a Hindu to be a better Hindu!'

How many of the 'faithful' follow the tenets of their religion that don't appeal to them? We all like to pick and choose what suits us and do that, glorifying ourselves for our virtues. There would be hardly anyone who has not been mean and petty, greedy and grasping, telling lies and even stealing or cheating when they got the chance. How many of us can put our hand on our heart and swear that we have never been envious, malicious, suspicious, and erred in big things and small; and we claim to believe in God – can we say God would approve of our behavior when we did things that pricked our conscience? And if we don't believe in God, can we justify our wrongdoings if we are honest to ourselves?

We err because we are human, but when we justify wrongdoing in the name of religion or God, it becomes an evil. Religion has wisely given scope for atonement. Even if we don't believe in religion, it goes against our conscience when we don't even feel guilty, or try to smother our guilt by using our intelligence to say, 'I did it because.....' and blame some other person or factor, or even because 'others also do this'. The voice of our conscience is delicate – we can either nurture it and improve ourselves and add to harmony and amity, or we can kill it with the devil that is 'intellectual didactic' to go on doing wrong. The choice is ours, and I for one believe that Newton's Law of every action having an equal and opposite reaction is what religion means by sin and spiritual merit. They say, 'Happiness is like jam – you can't spread even a little without getting some on yourself'. I believe the reverse is equally true – we can't inflict suffering and escape from getting a reaction that makes us suffer.

People tend to blame others for the things by which they don't profit. This leads to misunderstanding and intolerance. You'll say I'm back on my old record – but can you disagree about animal welfare activities leading to people becoming more compassionate, more understanding, and more tolerant and more ethical?

I dream, sometimes, as all fools do! I dream of how wonderful it would be if every religious and political leader would ask people to forget about the differences, prejudices and partialities, and just focus on being kind; not to see the faults in others and try to improve them but to look within and improve ourselves!

Long years ago I had read a little couplet that I'd like to share with you.

'So many Gods and so many creeds, so many paths that wind and wind;

While just the art of being kind is all this sad world needs!'

Purnima L. Toolsidass

15th July, 2023.

The Effect of Habits...

1. There are people who have no concept of Time Management. They are invariably late in finishing their work or keeping an appointment. The price they pay for this is to get rebuke, ridicule, and disdain.
2. There are people who want to talk about themselves all the time. They are not interested in what anybody else wants to say. They get branded as top level bores, very much to be avoided!
3. There are people who never keep their commitments. Whether this is due to a genuine bad memory or a conveniently defective memory, people stop taking them seriously. People laugh at them when they say they will do something.
4. There are people who are highly intelligent, but they use their IQ to either make others feel inferior, or to find fault with what others do. This makes them unpopular in spite of their remarkable abilities.
5. There are people who are so miserly that they cannot bear to part with even a word of praise, leave alone give money to the needy. This is moral bankruptcy. Such people seldom help anybody; not even their own family members. They are disliked universally, become isolated, unhappy and malignant.
6. There are people who live in a constantly muddled state. Their brain is filled with chaos, irrelevant details, lack of planning and fear of how they will cope and what people will say. They are pitiful, pitied and bullied.
7. There are people who are so lacking in self-confidence that they lose all individuality, principles and prudence in their wish to be popular and accepted by others. They spend more than they can afford, boast of deeds not done, and non-existent luxuries. All they get is scorn and ridicule. Their low-

self-respect reaches a level of mortification leading to self-hatred that often manifests in anti-social behaviour.

8. There are people who are born lazy – mentally as well as physically. They pride themselves on evading work, but don't like the comments they face, or the lack of progress, economical, social and at home.
9. There are people who are so sharp that they cut themselves into isolation and a state of being friendless. They seldom miss a mistake made by others, or a fault, and they never fail to talk about it to others to show their own superiority.
10. There are people who never step out unless they are impeccably groomed in the latest fashion. They are mostly very good-looking, and very conscious of their appearance. They are experts at making others feel shabby and ungainly. They arouse envy, resentment and dislike. They become strangers to warmth and willing cooperation.
11. There are people who are very good businessmen. They are quick to make friends with people who are likely to be of benefit in future. They shower gifts and love on those who are likely to make generous returns. They flourish. However, when misfortune strikes they lack real friend by their side.
12. There are people with a prominent 'holier than thou' attitude. They become a joke for those who are more grounded. The day some fault of theirs comes to light becomes a celebration for all those who have suffered from this attitude of theirs.
13. There are people who tell everybody, 'I told you so!' They often wonder why they don't seem to be very popular.
14. There are people who go to an elite restaurant and talk loudly, eat noisily with their mouth open, talk rudely to the waiters, and even become drunk. They feel angry when they are told, when they go there again, that all the tables have already been booked.

15. There are people who love to believe the worst about even people they don't know. They are on a watch for anything which can be used to spread unkind gossip. Their circle is made of malicious gossip-mongers. Decent people find their company nauseating.
16. There are people who have the 'poor me' syndrome. No matter how many advantages they have, they are always weighed down with the thought that they are deprived and taken advantage of. They use this syndrome to justify their taking unfair advantage of any situation. Sometimes they get away with their wiles, but not for very long. They are to be pitied and avoided because they only spread gloom.
17. There are people who need somebody to tell them what to do, what to wear, what to say, etc. They lack the ability to take any decision. They are always afraid of what people will say. They spend their lives in a state of irrational nervousness.
18. There are people who are so strong-minded that they become human bull-dozer, a menace to society and a crippling dictator for those under them.

Purnima L. Toolsidass

17th December, 2024.

EASY – DIFFICULT

- It is so easy to ask God for the things we want, but so difficult to do what He asks.
- It is so easy to tell our children 'you should not do this', but so difficult to not do what we shouldn't.
- It is so easy to ask for help, but so difficult to extend it.
- It is so easy to go to the gym and develop physical strength, but where do we go to develop mental strength?
- It is so easy to say, 'I have goodwill for all', but so difficult to feel benevolence for trying neighbours and colleagues.
- It is so easy to smile and cooperate when things are going well, but so difficult to do when things are far from well.
- It is so easy to say, 'money is not important' when you have plenty of it, but so difficult to say when you lack things you badly need.
- It's so easy to say how the country should be run, but so difficult if you actually have to run it.
- It is so easy to buy things on a credit card but so difficult not to regret having to pay when the bill comes.
- It is so easy to make good resolutions when you are with your doctor, but so difficult to keep to them later on.
- It is so easy to pontificate what the batsman should have done while watching cricket in the comfort of your AV home, but so difficult to do if you had been holding the bat.
- It is so easy to enjoy the benefits of Independent India but so difficult to remember the sacrifices of those who suffered for us to get it.
- It is so easy to point out the bad habits of other people's children, but so difficult to avoid them in our own.
- It is so easy to rebuke but so difficult to inspire.

- It is so easy to tell your old parents to stop interfering in your life, but so difficult to do the same with your grown-up children.
- It is so easy to condemn, but so difficult to understand.
- It is so easy to scold the cook for not making the curry as well as she did last time, but so difficult to cook it just right every time.
- It is so easy to make promises of eternal love and care before marriage but so difficult to keep them after marriage.
- It is so easy to tell someone, 'you have spoilt your dog', but so difficult to not spoil your own darling pet.
- It is so easy to remember that someone had not returned the book they borrowed, but so difficult to remember to return the books we borrow.
- It is so easy to tell ourselves that we have too many clothes, but so difficult to remember it when we see something lovely at a good discount.
- It is so easy to forgive ourselves but so difficult to forgive others.
- It is so easy to say, 'I don't care', but so difficult to stop caring.

Purnima L. Toolsidass

19th December, 2024

What I believe About Doing Things we Shouldn't.

- We should not tell the truth when somebody asks eagerly, 'do you like me dress?' if we don't like it. I believe we should tell a lie and say it looks very nice, to avoid disappointing her.
- I believe we should tell hosts who insist on 'one more helping' that we have a digestion problem even if it's not true. Or else, say 'I'm full' soon after you start eating.
- I don't feel guilty about saying, 'I'm about to go out' if someone you don't like phones to ask if she can drop in for a bit.
- It is right to cut open somebody's stomach when you're a surgeon operating on a patient.
- It's right to tie up your dog's mouth so that the vet can examine him without being bitten.
- I think it's right and proper to 'forget' to give a nasty, hurtful message.
- It's polite to laugh at jokes, but when the joke is meant to demean or hurt someone I think it's right to not even smile.
- Criticism is generally resented, except by those who want to improve.
- To quarrel is seldom right, except when we do it to stop a loved one from harming himself.
- It is right to abuse the trust of your cat in order to get her neutered, to avoid multiple kittens being born four times a year.
- It is right to teach your child to tell a lie and thank his friend for a party he has not enjoyed at all.
- When a loved one asks you if you're OK, it seems wrong to tell them you're in pain and make them worried.
- It is absolutely mandatory to lie to your wife when she asks you if you enjoyed the terrible food she made.
- If you forget to do something your bad-tempered mother-in-law told you to do, I don't think it's wrong to say you didn't have time to do it.

- It is right to threaten to beat up someone who is being brutal to a helpless animal, provided you are stronger than he is.
- It is wrong to feed your hungry child if he has been told to have a light dinner because of surgery the next morning.
- To show your tongue to anybody is disgraceful behaviour, except when the doctor wants to see your tongue.
- To kill is a sin, but to put down a badly injured race-horse is a pious deed.
- Stealing is a sin and punishable by law, but it's OK to steal your lover's heart.

Essential Needs.

Doctors say that the body has six basic needs:

1. Protein
2. Vitamins
3. Nutrients
4. Carbohydrates
5. Fats
6. Exercise

Psychologists say that the mind has six basic needs

1. Aspirations
2. A strong, flexible intellect
3. A strong will-power
4. Idealism and convictions
5. Love, hope and faith.
6. Exercise

Spiritualists say that an individual needs

1. Belief in a benevolent Supreme Power
2. Faith and Trust in the religious philosophy
3. Ability to focus
4. Restrain of sense organs and organs of action
5. Determination
6. Exercise

Most educated people these days understand the need to take care of our health. In fact, health food and exercise have become expensive fads. It is a bit ironic that in the olden days people worked hard and ate simple food. 'Progress' resulted in labour-saving devices that left us with a lot of spare time and afford unhealthy fast foods, and the result of this is that we spend a lot of money going to the Gym and eating simple food! Doesn't this sound a bit wonky?!

Be that as it may, people have at least understood that to spoil our health is downright foolish.

Mental health is also beginning to gain importance in people's awareness. A large number of youngsters want to take up psychiatry because there is a great demand for psychiatrists, psychologists and psychological counsellors.

I believe that this is also the result of 'progress'. Work is a therapy. The brain of an idle person gets busy with all kinds of useless things, of which 'wanting more' of everything that gives pleasure is predominant. Since there has never been anybody in the world, there isn't any such person now, nor will there be in future – a person whose wishes all come true.

There are two basic points why we feel frustrated and unhappy. One is because we don't have the things we want and the other is because we have what we don't want!

We try to get the things we want and drive away the things we don't want, but this is impossible beyond a point. This leads to frustration. Frustration leads to irritation and irritation leads to spoilt relationships. Unhappiness is inevitable when loving relationships turn us into bitter and unreasonable human beings, difficult to live with, hating ourselves but not being able to help ourselves either. Hence, the increasing need for psychological treatment.

The only answer to get out of this vicious cycle – or avoid it altogether – is the third divisions of our needs – the spiritual needs of every human being. Once again, it is 'progress' that has led to this need being created. Earlier people had a simple faith in a God who rewarded good acts and punished us for bad deeds. Modern science has created a demand for proof about everything before it is accepted. And, the Almighty is certainly not an item that can be measured by even the most sophisticated instruments, or be made to duplicate Himself/Herself/Itself for our satisfaction!! For Heaven's sake – even

a common headache cannot be 'proved' scientifically! Nor can an emotion like love or fear or hunger. They can only be felt, and yet people scoff at the great Masters who felt the presence of God and spoke about it.

Sometimes, I think that even God would be weeping at the fact that it is the so-called 'God-men' whose behaviour has result in people losing faith in God.

Be that as it may, we need to understand that belief in a higher power who is benevolent, merciful, loving and just does not require us to go to any place of worship or read the books that are written to explain Him. If we long to be free of all the negative feelings and anxieties that make our life miserable, we can – and should – give serious thought to the six requirements of spiritual good health, the way we do to our physical and mental good health.

There are plenty of U Tube talks and articles on the net from where we can get information about these. It is tempting to consult someone knowledgeable. We can attend classes, but we need to make sure that we retain our freedom of mind and ability to discriminate whether what is being said is motivated by any personal interest or not.

Furthermore, even if our efforts obtain limited results, it can only benefit us, not harm us, if we think and act sensibly. It is evident that it is not enough to take care of the needs of the body and mind, because people are becoming more and more frustrated and unhappy. No one can deny that a tricycle is steadier than a bicycle, can they? We all need three kinds of health and we ignore this fact to our own detriment.

It seems worth trying, at any rate, because the alternative is going to a shrink who could well do more harm than good!

Purnima L. Toolsidass

If I Had Been.....

More beautiful,

More flexible,

More talented,

More famous,

More understanding,

More industrious,

More courageous,

More convincing,

More dignified,

More comical,

More impressive,

More adventurous,

More efficient,

More loving,

More musical,

More tranquil,

More adaptable,

More inhibited,

More wise,

More optimistic,

More enthusiastic,

More sympathetic,

More organized,

More inspired,
More confident,
More witty,
More innovative,
More inspiring,
More influential,
More persistent,
More imaginative,
More astute,
More athletic,
More tidy,
More erudite,
More pious,
More romantic,
More agile,
More successful,
More artistic,
More resourceful,
More flexible,
More compassionate,
More stylish,
More intuitive,
More intuitive
Then I would be impossible!!

Found In My Old Quotation Book:

- The brain is a wonderful organ. It starts working from the time you wake up in the morning and doesn't stop until you reach the office.
- The songs my mother taught me,
• I love to hear again.
- Historical places revisited occasion no disdain.
- I've a sentimental weakness for
Old china, houses, folks;
A weakness that does NOT extend
To old familiar jokes!
- Feminine intuition is a fiction, a fraud. It is nonsensical, illogical, emotional, ridiculous, and practically foolproof.
- One cannot shut one's eyes to the things not seen with the eyes.
Charles Morgan
- Education has produced a population able to read, but unable to distinguish what is worth reading. George M. Trevelyan
- Pessimism, when you get used to it, is just as agreeable as optimism. E. A. Bennet
- Before God we are all equally wise and equally foolish. Albert Einstein
- A highbrow is the kind of person who looks at a sausage and thinks of Picasso. Sir Alan Herbert
- I like work. It fascinates me. I can sit and look at it for hours. I love to keep it by me. The idea of getting rid of it nearly breaks my heart. Jerome K. Jerome
- Pure and complete sorrow is as impossible as pure and complete joy. Leo Tolstoy
- One often contradicts an opinion when what is really uncongenial is the tone in which it is conveyed. Nietzsche
- Genius is one part inspiration and ninety nine parts perspiration.
Thomas Alva Edison

- I have never made but one prayer to God. A very short one. 'O Lord, make my enemies ridiculous.' And God granted it. Voltaire
- Goodwill is the one and only commodity that competition cannot undersell or destroy.
- The Pope John XXIII lived in Paris for some years as a papal nuncio. There, he acquired a reputation as a wit. One of his memorable quotes, 'I have noticed,' he told a dinner companion, 'that if a woman arrives wearing a gown that is cut rather daringly low, everybody gazes not at the woman, but at me.'
- The less one has to do the less time one finds to do it in. Chesterford
- Study is of no use.
The more we study, the more we know.
The more we know, the more we forget.
The more we forget, the less we know.
The less we forget, the more we know.
So, why study?
- The only man who never makes a mistake is the man who does not do anything. Theodore Roosevelt
- Can and Will are cousins who never trust to luck.
Can is the son of Energy, Will is the son of Pluck.
Can't and won't are cousins who, always out of work.
Can't is the son of Never Try, Won't is the son of Shirk.
- The cynic knows the price of everything and the value of nothing.
- We are all **manufacturers in a way – making good, making trouble, or making excuses.**
- It's not what you look at that matters; it's what you see. Henry David Thoreau
- The one nice thing about hypocrisy is that it is always genuine.
- It isn't life that weighs us down; it's the way we carry it. Elisabeth Potiere

- Forbidden fruit is the main ingredient in most jams. Debbie Summerell
- Never argue with a fool; onlookers may not be able to tell the difference. Mark Twain
- Season life with love, and love with laughter. Maurice Walsh
- A conservative is one who does not think anything should be done for the first time.
- If ignorance is bliss, why aren't some people happy?
- Some people look for faults as though they were buried treasure.
- I'm not denying that women are foolish. God Almighty made them so to match the men. George Eliot.
- Science should stop analyzing animal intelligence and start studying human stupidity.
- 'The most important thing,' says a Zen Teacher, 'is to find out what the most important thing is.'
- A scribal colophon on a manuscript: Protect me, Lord, from oil, water, fire, and from poor binding; and save me from falling into the hands of a fool!
- Live for those who love you,
For those that think you true,

For the Heaven that is above you,

And the hope you have in view.

For the cause that needs assistance,

For the wrongs that need resistance,

For the future in the distance

And the good that you can do.

(Sent by one of my Age Group)

I JUST discovered my age group! I am a Seenager (Senior teenager). I have everything that I wanted as a teenager, only 55-60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much.

People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise.

SO THERE!!

I have more friends I should send this to, but right now I can't remember their names.

So please forward this to your friends; they may be my friends, too.

The Relevance of Animal Welfare.

People don't mock at animal welfare as they did half a century back. Time has taught us that it is foolish to ignore one of the best tools mankind has, for reducing the hatred and violence that threatens the very existence of humanity and humaneness.

I am convinced that all strife stems from two basic causes: lack of understanding and/or compassion. If you can offer an argument against this, it won't be easy to convince me.

Animal welfare is the best tool we have for countering both lack of understanding and lack of compassion. Let me elucidate a bit.

It is much easier to feel compassion for a dumb animal (and I use the word to broadly include all other species) who cannot ask for the help it needs or explain its suffering, than it is for humans who we have been taught to distrust, fear, or hate. Since an animal cannot speak, the onus is on us to try to understand what the animal needs. Thus, both understanding and compassion are developed when a person starts to get involved in animal welfare activities, or even gets information about it.

I am weary of the question, 'why bother about animals when so many humans are suffering all over the world?' The question is perfectly relevant and the frequency of the question shows the extent of ignorance on this subject.

I believe that neglect of animal welfare is a largely responsible for the staggering amount of human suffering in the world. The cause of human suffering is strife, due to a lack of understanding and/or compassion.

Ignoring and condoning brutality to animals has resulted in increasing insensitivity and turning people into sadists. Too many so-called humans felt, 'it's just an animal' when told of how animals were mistreated and abused. They did not deny that animals suffered; they

just did not think that it mattered. This is a form is species-ism, where the mentality is that only human beings matter.

All 'isms' turn people into rabid dogmatists, with unrestrained violence, hatred and oppression, unless they are balanced by compassion and understanding. Indifference towards the suffering of animals has dulled the humane-ness of humans. Psychologists and animal lovers kept trying to convince the public of the injustice they were perpetrating on helpless beings, and the harm to the environment and the human race. They were laughed at. The commercial interests did their best to negate their warnings.

Animals were valued and treated with consideration when mankind needed them for survival, transport, farming, etc. With 'progress' came machines and mankind began to use animals like animated machines with no consideration for their pain or well-being. Factory farming and intensive breeding became the order of the day. Doctors urged people to turn to a non-vegetarian diet until they decided to warn people against red meat. Then, cows were starved to produce white meat. Avid desire for beauty and fashion added to horrendous testing and trapping or intensive breeding for furs, leather, silk, pearls, coral and ivory.

The people involved in the procurement for this demand became immune to the suffering of the animals or the depletion of the product.

The result – a deadening of compassion and mercy.

Few people are aware that the sacrificing of the health and welfare of animals effects the very poor, especially in the developing countries, because they are dependent on their livestock in many ways. Even fewer people realize that the more callous we become to other species, the less we care about other people.

Greed, in any form, is an insidious serpent that I believe is symbolized by the legend of Adam and Eve. Greed for power is the most dangerous and this is what makes politicians promote war, violent protests and anarchy.

Aren't we seeing the dangers of this all over the world?

Do we want to do our bit to curtail this madness? Or do we want to revive the feelings that are the essence of humanity and all religion?

If so, let us promote, in ways big and small, the cult of kindness, the principle of compassion, and understanding, and try to reverse the damage we have done by promoting and supporting animal welfare as best we can.